



**GOOD  
VIBRATIONS  
ANNUAL  
REPORT  
2014-15**



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WELCOME FROM  
CHAIR OF TRUSTEES  
STIEVE BUTLER

Following a year of change with the appointment of a new Director after our founder stood down, I am both excited and heartened by the amazing work that Good Vibrations has achieved and continues to achieve as we move into this next phase of its existence.

Not only have we continued to develop our work in areas where we have a strong footprint and are highly regarded, but we have begun to forge meaningful relationships within other sectors of the community who can benefit from the work of Good Vibrations.

As you will see from the case studies, our work with prisons and those in custody remains as one of our core principles, as does working with those who have experienced mental health issues. We have continued to expand our support of participants' progress and have significantly developed our use of mindfulness and well-being within our work. However, we have also been able to diversify our work to ensure that many more people can benefit from our provision and we have managed this against a backdrop of very challenging economic and political factors.

Undeterred by this we have examined our ethical values and aligned these with current social needs and the influencing environmental factors, and we have been able to undertake some challenging new projects, which we hope to expand in 2016-2017.

The work we have undertaken with teams in the workplace and encouraging future leaders to use music for social good has been rewarding in ways that we could not have anticipated. We can already see the skills we have left these groups with being cascaded within their own environments, thereby benefitting far more individuals. We have also developed two new and exciting strands of work to meet current social and economic needs; namely work with the unemployed and socially-excluded and work within the education sector, in particular with young people with complex needs.

In a year when we have spent time and effort as a group defining our core values we believe that our identified work strands meet these values and the identified diverse needs of our community at a time when there is great political, economic and social challenge.

I am proud of our work in this last year and excited about what is to come. I am confident that our committed and highly motivated team will continue to have a positive impact on the lives of others and look forward to seeing our work diversify in order to reach as many participants as possible.



Stieve Butler  
Chair of Trustees

“I THINK IT’S A FASCINATING AND WORTHWHILE PROJECT. WHILE PLAYING IT I FIND THE CONCENTRATION REQUIRED, COMBINED WITH THE RIPPLING SOUND, IS AKIN TO MEDITATION. IT IS RELATIVELY EASY TO START PLAYING AND GET PLEASING RESULTS, SO I CAN SEE HOW IT COULD PROVIDE A SENSE OF ACHIEVEMENT.”

BILL BAILEY ON GOOD VIBRATIONS

WELCOME FROM

# EXECUTIVE DIRECTOR KATY HAIGH

Against a back-drop of political change and budget cuts in the criminal justice sector, this has been an exciting year of change, regrouping and innovating for Good Vibrations.

During the year, our founding Director left after 11 years and I became Executive Director. It's been an honour to lead such an innovative charity, with such an excellent reputation and high-profile advocates.

My thanks go out to The Comedy School, team, trustees and funders who supported us through the challenging transitional period. Your belief and hard work will ensure Good Vibrations thrives and helps many more people to fulfil their potential.

Last May, when I first learnt about Good Vibrations, I was curious and fascinated that independent research findings were showing it to be so impactful. But the more I thought about it, the more I got it. You see, I knew Gamelan well; studying it at York University had proved to me that I could play music without notation, something I thought I'd never be able to.

This may sound minor, but what changed was I learnt to believe in myself and realise I could achieve an awful lot if I set my mind to it. Then as I taught Gamelan in a London comprehensive school, I saw 14 year olds who normally messed around, take pride in learning for the first time. They loved the responsibility of organising their own performance and the usual 'trouble-makers' took on leadership roles, motivating the others to practise harder until it was perfect.

Good Vibrations has been running for 12 years. Since 2003, our projects have benefited 4500 vulnerable people across the UK, from as far south as Falmouth to as far north as Glasgow. We've worked with 60 partners. In the last year we supported 390 participants, and in 2015 alone, **87% of participants said they enjoyed learning more than they had done before, after completing a project with us.**

It's been a busy year, and particular highlights I'm most proud of are:

- Comedian and musician, Bill Bailey coming on board as a patron
- Being selected onto Inspiring Futures, a large-scale piece of research into how the arts support rehabilitation, led by Cambridge University and the National Alliance for Arts in Criminal Justice
- Gaining multi-year Arts Council England funding for a project combining spoken word and Gamelan that aims to engage society at large in the importance of rehabilitation



65% of our work has been in secure settings this year, and the need remains for us to continue supporting offenders, but we feel it's a waste of potential to stop there.

Academic research, our own evaluation and experience proves that our service helps people:

- who have survived abuse, to rebuild their trust and confidence;
- to become empowered and enjoy learning, even if they can't read or write;
- to engage positively as they recover from drug dependency;
- who have survived trauma to manage their anger and develop resilience;
- who suffer from anxiety and mental illness to express themselves;
- who don't go out of the house to communicate and interact with others;
- who are unmotivated to develop skills that take them nearer to the labour market; and
- who feel written off by society to develop positive self-identities.

So, our mission over the next 3 years is to open up our service to benefit all people with complex needs facing challenging circumstances. Recent years have been tough financially for Good Vibrations and most UK charities working in criminal justice, so this bold new strategy of working with more diverse beneficiaries and commissioners will support our financial sustainability.

As ever, our work is highly dependent on the generosity and support of our funders, delivery partners and many others who engage with us throughout the year.

Thanks to all of you who have supported us this year.

If you've seen the benefits of Good Vibrations first hand, spread the word! With your help we can grow our impact so even more people benefit from what we do.



Katy Haigh,  
Executive Director

**GOOD VIBRATIONS USES COMMUNAL MUSIC-MAKING AS A TOOL TO SUPPORT PEOPLE TO DEVELOP TRANSFERABLE LIFE AND WORK SKILLS AND ATTRIBUTES. WE SPECIALISE IN USING GAMELAN MUSIC TO DO THIS - AN INDONESIAN TUNED PERCUSSION ORCHESTRA.**

**GAMELAN MAY BE UNFAMILIAR, BUT IT'S UNIQUE AND TRANSFORMATIONAL.**

**WE'VE SEEN HOW IT CHANGES PEOPLE'S LIVES AND A SUBSTANTIAL BODY OF ACADEMIC RESEARCH BACKS THIS UP.**

[GOOD-VIBRATIONS.ORG.UK/WHAT-OTHERS-SAY/RESEARCHERS](https://GOOD-VIBRATIONS.ORG.UK/WHAT-OTHERS-SAY/RESEARCHERS)



OPENNESS SUPPORTIVE ENVIRONMENTS COLLABORATION SUSTAINABLE APPROACHES CREATIVITY RESPECTING & VALUING ALL EVIDENCE-BASED APPROACHES PRACTICAL APPROACHES CRITICAL REFLECTION FLEXIBILITY SELF-RESPONSIBILITY PROFESSIONALISM

WHAT DIFFERENCE ARE WE MAKING?

# IMPROVING HEALTH & WELL-BEING

In 2014-15, 60% of our participants had a physical or learning disability or mental illness.

“ I NEVER REALLY MIXED OR TALKED TO ANYONE, SO FOR ME THIS WAS A BIG THING. BUT THE ENCOURAGEMENT I HAVE RECEIVED HAS HELPED ME WITH SOME OF MY ANXIETIES. ”

ANDREW, PARTICIPANT

Our projects enabled participants to become more resilient and to persevere through challenging situations. They supported them to become better at managing negative emotions such as anger, to feel calmer and to increase their sense of well-being.

Of participants completing projects in 2015, **79% of them became more resilient** and 74% had improved well-being.

## CASE STUDY 1: EASING MENTAL HEALTH PATIENTS' RECOVERIES

Our Loophole Music project at the Royal Bethlem Hospital supports in-patient and community patients experiencing mental illness to continue to develop their personal recovery aims through the creation of music.

The project takes the form of weekly music production and acoustic jamming sessions on the Occupational Therapy Ward where participants also learn how to promote their own music.

The project supports men and women's vocational skill development and eases their transition from hospital to community.

One participant said the project gave him an interest; it distracted him from his illness and the fact he'd been in hospital for a long time. Another said it broke through his OCD by showing him he could be spontaneous.

## CASE STUDY 2: MINDFULNESS AND WELL-BEING

During a typical project we work with groups of up to 20 and support them to play the Gamelan. Participants play traditional pieces, compose, improvise, conduct, put on an informal concert, make a CD and can gain a qualification. Projects can be combined with spoken-word, mindfulness, shadow-puppetry and dance too.

We supported almost 100 people at HMP Lincoln through projects combining mindfulness and Gamelan music - prison officers, 'Vulnerable Prisoners' and men from the main prison population.

The prison's Governor, Peter Wright, has said that:

“as staffing numbers have reduced [at Lincoln Prison], so stress and mental illness have increased”.

Feedback showed that our projects improved staff-prisoner relationships, reduced stress and aggravation, created new friendships, reduced paranoia and helped people feel less alone.

WHAT DIFFERENCE ARE WE MAKING?

# GROWING CONFIDENCE & MOTIVATION

Gamelan is a confidence-builder. Participants can easily learn the basics, even without previous musical experience, and it's adaptable for all abilities within a group.

“ I AM MORE CONFIDENT MEETING  
NEW PEOPLE AND I WILL BE A LOT  
MORE CONFIDENT ON THE OUTSIDE  
APPLYING FOR NEW JOBS. ”

KENNY, PARTICIPANT

The experience – particularly the end of project play-through performance – takes people out of their comfort zones, but we make sure this is done in a safe and supportive way.

This year, we saw participants developing confidence, becoming more at ease with performing and being proud of their achievements. We saw them getting more comfortable at leading, developing self-belief, realising their potential and seeing themselves with positive self-identities. Completing participants felt more optimistic about what they could achieve and were more motivated to engage in education and work.

Of people completing projects in 2015, 81% were more confident and **82% were more motivated.**



“**AT THE START OF THIS WEEK I WOULD NEVER HAVE HAD THE COURAGE TO STAND HERE BEFORE YOU AND TALK. SO FOR ME THIS IS A STEP TO SOMETHING I CAN BUILD ON FOR THE FUTURE.**”

**CHARLIE, PARTICIPANT**

### **CASE STUDY 3: PREVENTING ANOTHER VICTIM (HMP WHATTON)**

Some time ago, a past-participant said:

“I wish I’d had the opportunity to do a bonding course like Good Vibrations before I started my Sexual Offending Treatment Programme. It was terrifying to be so exposed – to talk about your crime in front of people and say things I haven’t admitted to anyone in front of a group of people I didn’t even know.”

HMP Whatton was interested in whether running Good Vibrations projects with men about to embark on Sexual Offending Treatment Programmes would increase the programme’s effectiveness, so this year we ran projects with 41 men whom this applied to and Nottingham Trent University evaluated the impact on participants.

The university’s research will be released in late 2015, but our own evaluations have shown that our projects here helped people realise they didn’t have to be afraid of doing something they don’t know and that their contributions were valued. Staff member, Alan Beesley said, “the development of some of the quieter individuals into functioning group members opens your eyes to how much of a positive effect [Good Vibrations] has on people.”

### **CASE STUDY 4: SUPPORTING PARTICIPANTS’ PROGRESSION**

Our Keep in Touch Programme is open to all participants post-project to support them with social participation opportunities such as volunteering, music courses, bursaries, traineeships and interview opportunities.

Someone who benefited from this programme fed-back: “[Good Vibrations] allowed me for the first time to be in control of myself. Since then I’ve been heavily involved with Good Vibrations, taking part in their classes.

They also helped me with my now chosen career. I owe a lot to Good Vibrations because it is an organisation that allows people who have found themselves in a situation that maybe they didn’t plan, to take the first step to gaining self-esteem and confidence. At the end of the day, if you want to help someone, surely that’s where it starts.”

WHAT DIFFERENCE ARE WE MAKING?

## BOOSTING COMMUNICATION SKILLS

Gamelan is an effective tool for boosting people's communication skills; it's a communal activity where everyone's contribution is equally important and participants have to listen to everyone else to fit their part in. Projects are punctuated by frequent reflective discussions by the whole group where they develop the art of giving and taking constructive criticism.

“INDIVIDUALS WENT FROM BEING IRRITATED BY EACH OTHER'S BEHAVIOUR - PARTICULARLY [NOT] LISTENING - TO A PLACE WHERE THEY WERE SUPPORTING EACH OTHER AND MORE PATIENT.”

DELIVERY PARTNER STAFF MEMBER

Our facilitators skillfully focus discussions on the music so individuals don't take suggestions and comments personally. Participants are also asked to lead the group in conducting pieces and/or planning sessions from the front.

Of people completing projects in 2015, **81% developed communication skills** and **78% developed listening skills.**

## CASE STUDY 5: DEVELOPING HIGH- PERFORMING TEAMS IN WORKPLACES

We launched our new Good Vibrations at Work team-building days for corporates and workplaces and in February, 14 teachers from Childs Hill Primary School in North London took part.

The group learnt to play a Gamelan orchestra from scratch and had a go at composing, improvising, conducting and playing traditional pieces.

Our Executive Director, who observed, said, "It was fascinating to watch the facilitator leave them to do a free improvisation with no rules. The participants began playing, but after a few minutes they looked frustrated and bored with the randomness and lack of hook or groove in what they'd created. I was tempted to intervene, but our facilitator knew exactly what he was doing - this was the biting point that made participants more self-aware.

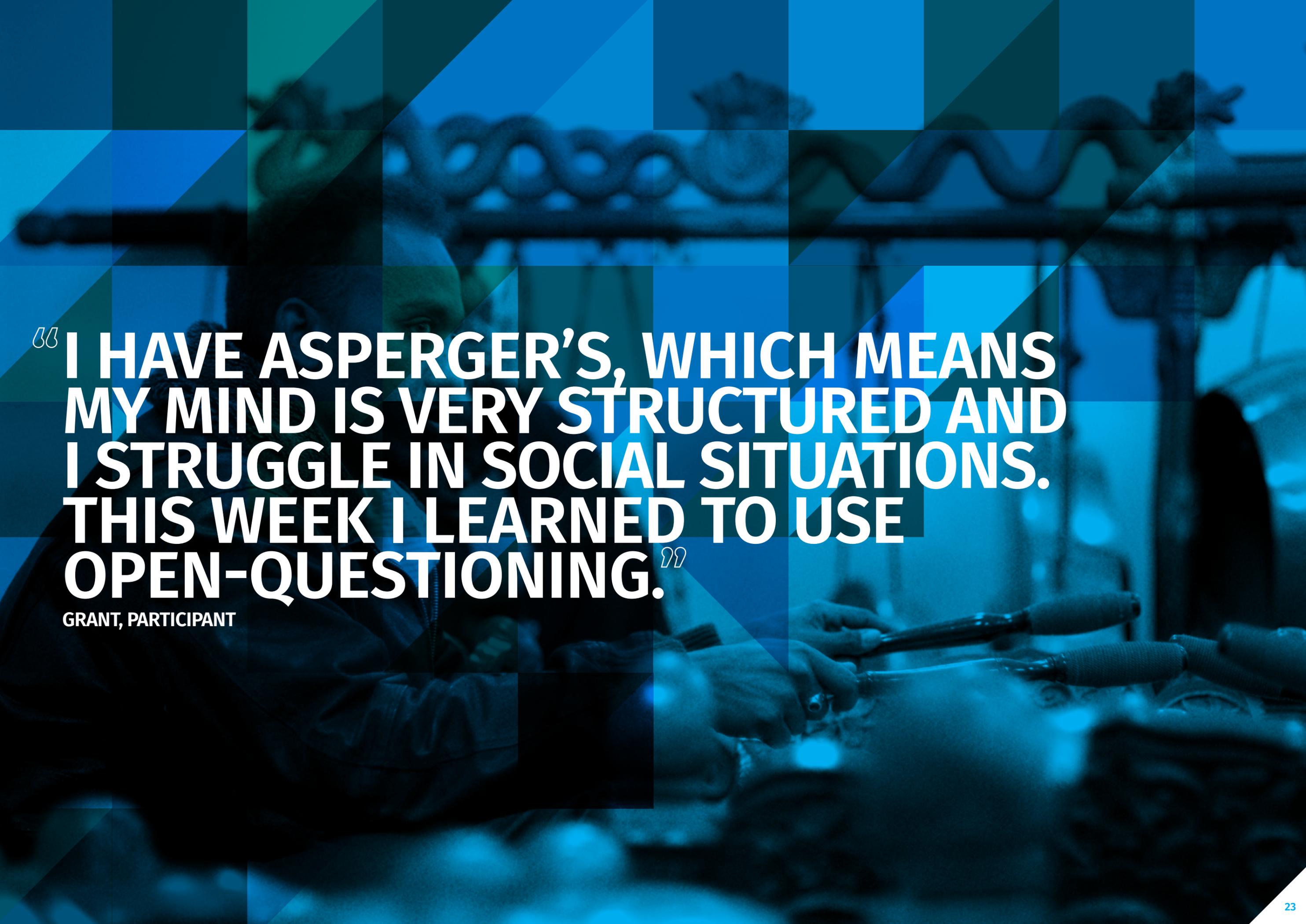
They took it on themselves to start listening and playing in time and to make eye contact so they could co-ordinate interlocking patterns with their fellow musicians. Soon the music sounded great and there was foot-tapping, grinning and dancing!"

Participants told us afterwards they liked:

- Us allowing the group to find its natural creativity without interfering too soon
- It being so inclusive, non-threatening and totally different from anything else they do together
- The way it helped them bond with colleagues
- Its stress-releasing effect
- How it developed their team-working and communication skills

We'd love to run a team-building day for you! Find out more about Good Vibrations at Work at [good-vibrations.org.uk/support-us/businesses-looking-to-donate/good-vibrations-at-work](https://good-vibrations.org.uk/support-us/businesses-looking-to-donate/good-vibrations-at-work)





“ I HAVE ASPERGER’S, WHICH MEANS MY MIND IS VERY STRUCTURED AND I STRUGGLE IN SOCIAL SITUATIONS. THIS WEEK I LEARNED TO USE OPEN-QUESTIONING.”

GRANT, PARTICIPANT

WHAT DIFFERENCE ARE WE MAKING?

## HELPING PEOPLE BECOME MORE SOLUTIONS-FOCUSED

Our team are experienced musicians and facilitators who support people's development through a facilitative approach. We put problem-solving and decision-making into the hands of the participants.

“**PRISONERS WERE ALLOWED TO LEARN AT THEIR OWN PACE AND WERE ENCOURAGED AT EVERY LEVEL TO ACT ON THEIR OWN THOUGHTS/FEELINGS.**”

**DELIVERY PARTNER STAFF MEMBER**

Many of the individuals who take part in our projects get better at problem-solving, negotiating and compromising. They learn to follow instructions and concentrate on achieving set goals, and become more comfortable with taking ownership and making decisions.

From our 2015 projects, **86% of completers developed their concentration**, 83% developed problem-solving skills and 76% were more willing to take on responsibility.





## CASE STUDY 6: **BRINGING UNEMPLOYED PEOPLE CLOSER TO THE LABOUR MARKET**

We supported 18 young Londoners who were not in education, employment or training in partnership with the charity, Tomorrow's People and their 'Working It Out' Programme. Many of the participants had low literacy levels. The focus was on developing transferable skills such as team-working to bring participants closer to the labour market.

77% of participants said they felt more motivated to do other courses and activities after taking part in this project. Noted significant improvements as a direct result of attending the course were in the areas of co-operative behaviour, self-confidence, focus, communication skills, listening skills, taking on responsibilities and tolerance of others' views.

Dr. Jennie Henley of the  
Institute of Education said:

**“THE POTENTIAL  
FOR DEVELOPING  
INDIVIDUAL  
AGENCY AND  
SOCIAL CAPITAL  
DURING A GOOD  
VIBRATIONS  
PROJECT CAN  
CLEARLY BE  
SEEN.”**

WHAT DIFFERENCE ARE WE MAKING?

# CULTIVATING SOCIAL SKILLS

Our Gamelan projects are intensive experiences that supportively take people out of their comfort zones. Participants develop social skills that let them interact more comfortably in social situations.

“ I’VE LEARNT ABOUT ACCEPTING CRITICISM AND LEARNING ABOUT ANOTHER CULTURE’S MUSICAL HISTORY AND TASTES. ”

FAITH, PARTICIPANT

Many become better team-players, develop friendships, show more empathy and become more supportive and encouraging towards others after a project. Many others become more patient and open, and their relationships with people outside the project, including authority figures, improve.

Of completing participants in 2015, 83% developed patience and tolerance and **83% improved their team-working skills.**

## CASE STUDY 7: REDUCING ISOLATION THROUGH SOCIAL PARTICIPATION

HMP Elmley’s Learning and Skills Manager, Abbie Krovina, asked us to deliver a Good Vibrations course to develop the communication and teamwork skills of withdrawn prisoners who typically didn’t want to leave their cells, and to encourage them to engage with the regime and/or education and work.

We worked for a week with the group and after the course, Abbie fed-back that she had noticed a change in the learners; they were working as a team, communicating with each other and supporting less able participants. She also said that at least half were now engaged in education and/or work.

## CASE STUDY 8: ENGAGING YOUNG PEOPLE WITH COMPLEX NEEDS IN EDUCATION

We ran a one-day Gamelan course with 15 looked-after children and their carers living in the London Borough of Bromley.

All the participants found the day to be extremely effective at helping the young people to concentrate, apply themselves and develop listening skills.

This was something the staff and carers were particularly impressed with, as many participants typically struggled to listen to instructions.



WHAT DIFFERENCE ARE WE MAKING?  
**DEVELOPING  
CREATIVITY**

Communal music-making is at the heart of what we do, and the musical and creative skills it gives people are of huge value in themselves.

“**HERE WE HAVE BEEN TAUGHT THAT WE CAN BE OURSELVES. WE CAN EXPRESS OURSELVES AND STILL BE PART OF THE SYSTEM; STILL FOLLOW THE RULES.**”

**KEITH, PARTICIPANT**

On our projects we give participants the opportunity to play traditional pieces, improvise, conduct, compose, put on a concert and to have a CD of their own work professionally-produced.

With our Gamelan projects, because the genre is generally unfamiliar in the West, most participants don't have preconceptions about it, which allows them to experience it more openly. No previous musical experience is required to play it to a good standard, and the fact it's melodic, not just rhythmic, adds to the experience and differentiates our service from other communal music-making experiences such as African drumming.

**94% of completing participants in 2015 developed their creativity and musical skills**

Our projects invite groups to create a sense of joint enterprise and give individuals the opportunity to take 'safe' risks. Participants develop musical skills and express themselves. They practise using their creativity and experience the satisfaction of coming up with creative solutions.

“THERE IS SOMETHING VERY SPECIAL ABOUT HOW YOU MIX SOMETHING SO CREATIVE, ENJOYABLE AND THOUGHT-PROVOKING.”

NICK HARDWICK,  
CHIEF INSPECTOR OF PRISONS

#### CASE STUDY 9: INSPIRING TOMORROW'S LEADERS TO USE MUSIC FOR SOCIAL GOOD

In February we ran a very different sort of project in partnership with Falmouth University. We gave music undergraduates a week-long immersive experience in how you can use a communal music-making experience like Gamelan for social good.

We accredited this project with an OCN Team-Working qualification to draw students' attention to key skills that are developed in parallel with musical skills. Our facilitators role-modelled the facilitation skills they use to empower groups so that students could see the difference between that approach and traditional 'classroom teaching'.

As a follow-up, the group were asked to hone their newly-developed skills by facilitating the university's Gamelan group to learn one of the pieces they had learnt.

One of the undergraduates was given the opportunity to assist our facilitator on another Gamelan project with a group of looked-after children and their carers. Feedback included:

- “Honestly one of the best weeks I've had at Uni. I've learnt loads and have new ideas in where I want to take my music.”
- “The community music aspect of it made me reconsider my career paths.”

“EXCELLENT – BOTH  
MUSICALLY AND FOR  
THEIR PERSONAL  
DEVELOPMENT AND  
LEARNING.”

CAREFREE CORNWALL STAFF MEMBER

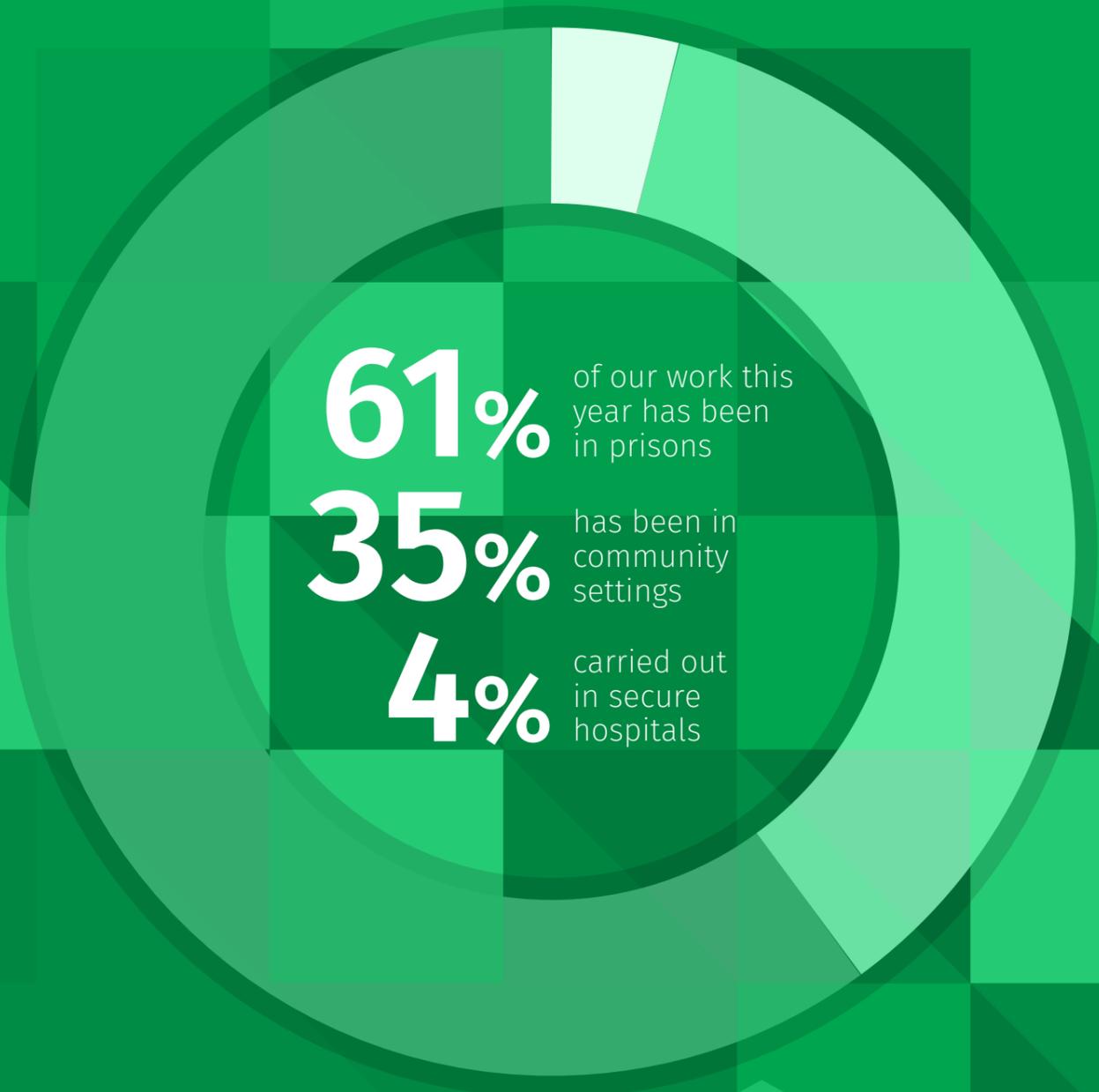
## WHO WE'VE SUPPORTED THIS YEAR

### PROJECTS IN SECURE SETTINGS

- Men with personality disorders at HMP Frankland
- Women from HMP/YOI Low Newton
- Men, including Vulnerable Prisoners, from HMP Lincoln
- Men starting Sexual Offending Treatment Programmes at HMP Whatton
- Men experiencing mental health issues at HMP Wormwood Scrubs
- Men and women experiencing mental health issues at Royal Bethlem Hospital
- Men, including those not engaging in learning, at HMP Elmley
- Men with emotional and behavioural disorders at HMP Swaleside

### PROJECTS IN COMMUNITY SETTINGS

- Teachers at Childs Hill Primary School
- The HMP Inspectorate Team
- Past participants and the public at The Southbank Centre
- NEET young people from Tomorrow's People
- Looked-after children at Bromley Virtual School
- Looked-after children at Carefree Cornwall
- Music students from Falmouth University



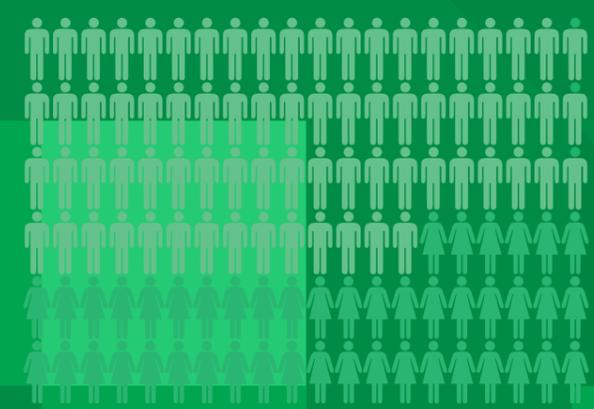
**23 PROJECTS WITH  
390 PARTICIPANTS**

**81% COMPLETION  
RATES ON OUR  
INTENSIVE PROJECTS**

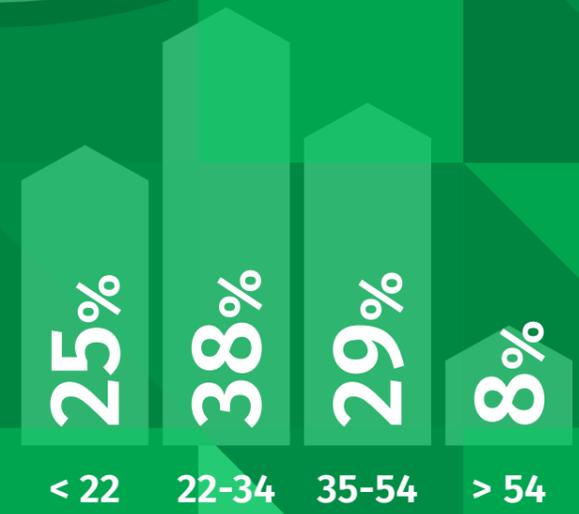
**287 AUDIENCE  
MEMBERS**

**15 ORIGINAL CDS OF  
MUSIC PRODUCED**

**42 QUALIFICATIONS  
AWARDED**  
(78% OF COMPLETERS ON ACCREDITED COURSES)



**74% of our participants  
were male and 26% female**



95% of England and Wales' prison population were male in 2014

# THE HIGHLIGHTS THE YEAR AT A GLANCE

## BUSINESS DEVELOPMENT AND FUNDRAISING

- Awarded funding by Arts Council England and Fund My Venture
- Raised income through a charity auction and 2 sponsored mud runs
- Gained new, ongoing crowd-funding through new social media platform makerble.com
- Offered new “Good Vibrations at Work” team-building days for corporates
- Set-up income-generating tools - Name an Award, a Corporate Support Menu and Payroll Giving

## TEAM

- The Comedy School’s Keith Palmer managed Good Vibrations in the interim period between our founder leaving and Katy Haigh our new Executive Director starting
- Supported our facilitators to gain accreditation with the Institute of Leadership & Management after training as action learning facilitators
- Award-winning comedian and musician, Bill Bailey became our patron
- Sara Longmuir, Lankelly Chase’s Finance Director became our pro bono Finance Mentor

## COMMUNICATIONS, RESEARCH AND ADVOCACY

- The Institute of Education’s Dr. Jennie Henley published research on how we support young people to develop positive identities [artsevidence.org.uk/evaluations/?methodology=9&focus=40](http://artsevidence.org.uk/evaluations/?methodology=9&focus=40)
- We gave a masterclass at the Innovative Arts Practice in Criminal Justice Settings Conference
- We joined London’s Challenging Circumstances Music Network
- We were selected onto Inspiring Futures, a 3-year piece of national research into the benefits of using arts in criminal justice, that Cambridge University will lead
- Our Executive Director and a past participant were active steering group members for the National Alliance for Arts in Criminal Justice
- HM Prison Inspectorate’s Annual Report highlighted our work [justiceinspectorates.gov.uk/hmiprisons/wp-content/uploads/sites/4/2014/10/HMIP-AR\\_2013-14.pdf](http://justiceinspectorates.gov.uk/hmiprisons/wp-content/uploads/sites/4/2014/10/HMIP-AR_2013-14.pdf)
- The BBC published articles on us, and so did Lemos & Crane: [lemosandcrane.co.uk/lemos&crane/news?bid=237200&pid=13](http://lemosandcrane.co.uk/lemos&crane/news?bid=237200&pid=13)

## ORGANISATIONAL DEVELOPMENT

- We shaped a new 3-year strategy for our future
- We developed improved systems for data protection, relationship management, contract performance, risk management, monitoring and evaluation, financial management, communications, knowledge management, supporting volunteers and project management
- We moved into our first office at Rich Mix in Shoreditch, shared with Sound Connections
- We updated our full policies and procedures framework

“ I LEARNED HOW TO  
COMPROMISE...  
I CAN USE WHAT I’VE  
LEARNT IN OTHER  
SITUATIONS. ”

ROGER, PARTICIPANT

# DELIVERY PARTNERS WE'VE WORKED WITH SINCE 2003

HMP Addiewell  
HMP Askham Grange  
HMP Brixton  
Broadmoor Secure Hospital  
Bromley Virtual School  
Camden House Approve Premises  
Carefree Cornwall  
Carstairs Secure Hospital  
Childs Hill Primary School  
HM YOI Cookham Wood  
HMP Dartmoor  
HMP Deerbolt  
HMP Dovegate  
HMP Downview  
HMP Eastwood Park  
Ellison House Probation Hostel  
HMP Elmley  
HMP Everthorpe  
Falmouth University  
HM YOI Feltham  
HMP Forest Bank  
HMP Foston Hall  
HMP Frankland  
HMP Gartree  
HMP Glen Parva  
HMP Grendon  
Harmondsworth Immigration Removal Centre  
Hestia Streatham Approved Premise  
HMP Holloway  
HMP Hull  
HMP Huntercombe

HMP Leeds  
HMP Lewes  
HMP Lincoln  
HMP Lindholme  
HMP Littlehey  
HMP Long Lartin  
HMP Low Newton  
HMP Lowdham Grange  
HMP Maidstone  
HMP Manchester  
HM YOI New Hall  
HMP Nottingham  
P3  
HMP Pentonville  
HMP Peterborough  
Rampton Secure Hospital  
HMP Ranby  
Royal Bethlem Secure Hospital  
The Southbank Centre  
HMP Swaleside  
HM YOI Swinfen Hall  
Tomorrow's People  
Tulse Hill Approved Premises  
HMP Wakefield  
HMP Wandsworth  
Westbourne House Approved Premises  
HM YOI Wetherby  
HMP Whatton  
HMP Whitemoor  
HMP Wolds  
HMP Wormwood Scrubs



# OUR SUPPORTERS

Thank you to the wonderful people and organisations who have funded/supported us this year:

Adie Flute at Alliance  
Akala and the Hip Hop Shakespeare Company  
Alex Montague  
Andrea Rutkowski  
Arts Council England  
BabyLion Roars  
Big Lottery Fund  
Bill Bailey and Glassbox Productions  
Brendan Browne  
Bromley Virtual School  
Camilla Panufnik Photography  
Cathy Eastburn  
Childs Hill Primary School  
Claire Wilding and her pupils  
CLC NHS Trust  
Clinks  
Cornwall Cares  
Di Bligh  
Dr. Laura Caulfield  
Drums for Schools  
Falmouth University  
Fund My Venture  
Gail Hart  
GDA Design  
Geek Guru  
Gill Bland  
Gina Carpenter  
Hannah Johns  
Henry Smith Charity  
HMP Elmley  
HMP Frankland  
HMP Lincoln  
HMP Low Newton  
HMP Swaleside  
HMP Whatton  
HMP Wormwood Scrubs  
John White  
Kate Wakeling  
Lankelly Chase  
Lauren Sime  
London for All  
Louise Jackson  
Meenal Raghuvanshi  
Makerble  
Maudsley Charity  
National Alliance for Arts in Criminal Justice  
Olivia Landsberg  
Paradise Honeyben  
Rich Mix Cinema and Arts Centre  
Royal Bethlem Hospital  
Russ Haynes  
Sara Longmuir  
Sholto Kynoch  
Sound Connections  
The Comedy School  
The Southbank Centre  
Tomorrow's People  
T T Exchange  
Yanti Sastrawa  
Youth Music

# OUR FUNDERS

We are immensely grateful to our funders for enabling us to carry out our work, without our funders' support, there would be no Good Vibrations!

**Arts Council England**  
[www.artscouncil.org.uk](http://www.artscouncil.org.uk)

**The Big Lottery Fund**  
[www.biglotteryfund.org.uk/prog\\_reaching\\_communities?tab=3](http://www.biglotteryfund.org.uk/prog_reaching_communities?tab=3)

**Henry Smith Charity**  
[www.henrysmithcharity.org.uk](http://www.henrysmithcharity.org.uk)

**Youth Music**  
[www.youthmusic.org.uk](http://www.youthmusic.org.uk)

**The Maudsley Charity**  
[www.maudsleycharity.org](http://www.maudsleycharity.org)

**Fund My Venture**  
[www.fundmyventure.co.uk](http://www.fundmyventure.co.uk)

**South London and Maudsley NHS Trust**  
[www.slam.nhs.uk](http://www.slam.nhs.uk)

**Central London Community Healthcare NHS Trust**  
[www.clch.nhs.uk](http://www.clch.nhs.uk)

# BEHIND THE SCENES AT GOOD VIBRATIONS

## OUR TEAM

Our team comprises of part-time staff and freelancers based across the UK:

**Jane Gibb** - Administrator

**Katy Haigh** - Executive Director

**Malcolm Milner** - Training and Development Manager

Freelance facilitators, technicians and project managers:

- Jerome Bisgambiglia
- Robert Campion
- Sunetra Fernando
- Nicole Gordon
- Kirstan Herriot
- Paris Honyben
- Nikki Kemp
- John Pawson
- Kieran Plunkett
- Laurence Rugg
- Margaret Smith
- Katherine Waumsley

## OUR VOLUNTEERS

Thank you Russ Haynes, Hannah Johns, Meenal Rughavanshi and Andrea Rutkowski for giving your time and expertise as volunteers.

Thanks also to the following who have given ongoing pro bono support:

**Di Bligh** - Supporting the team with Action Learning Set Training

**Jo Garner and GDA Design** - Marketing and communications advice and support

**Olivia Landsberg** - Good Vibrations' Executive Director's Coach

**Sara Longmuir** - Good Vibrations' Finance and Systems Mentor

## OUR BOARD OF TRUSTEES



**Stieve Butler** (our Chair) is Head of Education and Training at CfBT, an Education Trust, which works with education and Information and Guidance projects worldwide.



**Dr. Laura Caulfield** is Head of Research and Consultancy and Subject Leader for Psychology at Bath Spa University.



**Keith Palmer** is the Founding Director of The Comedy School, a charity, which uses comedy to stimulate personal creativity, encourage social skills and improve literacy.



**Lisa Marie Roca** is a qualified barrister and solicitor now working as Director of Legal at the General Dentistry Council.

# OUR PATRONS

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## Bill Bailey

Comedian, actor and musician, Bill Bailey is one of Britain's most influential celebrities of the 21st Century.

"Bill Bailey's Remarkable Guide to the Orchestra", had nationwide success in 2009 and he is passionate about environmental issues. With an eclectic career spanning three decades, he was voted The 7th Greatest Stand-up Comic by Channel 4 in 2000 and 2010.



## Lord Ramsbotham

David Ramsbotham served as Her Majesty's Chief Inspector of Prisons from 1995 to 2001. He is the Vice-Chair of the All Party Penal Affairs Group and author of *"Prisongate: The Shocking State of Britain's Prisons and the Need for Visionary Change"*.

He is an Ambassador for the Prison Advice and Care Trust and a member of the House of Lords.



## Dr. Rahayu Supanggah

Renowned musician and composer, Dr. Rahayu Supanggah has become one of Indonesia's most prolific artists working in the field of Gamelan music and culture. He enjoys an international reputation as a pioneering academic and collaborator in this field.

In May 2007, the Southbank Centre appointed Supanggah as Artist in Residence for three years to assist with performances and the development of the Gamelan Programme.

“WHEN I GET OUT,  
I REALLY WANT  
TO MAKE A  
DONATION TO  
GOOD VIBRATIONS  
AS I THINK WHAT  
IT DOES IS REALLY  
BENEFICIAL  
TO PEOPLE.”

ANDREW, PARTICIPANT

## SUPPORT US

We've developed a wide range of ways in which you can support us:

- Commission us to do some work for you
- Provide corporate sponsorship
- Solicit a funding application from us
- Book us to run your organisation's next Team Building Day
- Share your expertise with us through pro-bono support or volunteering
- Do a sponsored event
- Donate online – either as a one-off, or each month as a Friend of Good Vibrations
- Become a Good Vibrations trustee
- Name an award after your company or a loved one
- Text donate (e.g. text GOOD22 £10 to make a donation of £10)
- Donate a prize for us to auction off
- Forego a cappuccino each month and give that money to us instead
- Give a gift in kind, e.g. let us to use your meeting rooms for free

Visit [good-vibrations.org.uk/support-us](https://good-vibrations.org.uk/support-us) to find out more.

Follow us on Twitter [@sgvibrations](https://twitter.com/sgvibrations) or on Facebook at [facebook.com/sgvibrations](https://facebook.com/sgvibrations)



# FINANCIAL INFORMATION

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As an organisation we, like many others, have continued to find the economic climate challenging. However, our turnover for this year has remained on target and we have managed to decrease the amounts owed by creditors which has meant that we continue to hold comfortable net assets as we move into the next year.

We have continued to benefit from significant grant income from long-term supporters such as Arts Council England, Big Lottery Fund, The Henry Smith Charity and Youth Music and have received income from new funders, thereby broadening our financial base.

The proportion of our income from workshop fees and contributions grew on the year before, as did the proportion of our income from donations, gifts and voluntary income.

We are confident that Good Vibrations continues to be financially sustainable and that our income generation will continue to grow year on year in conjunction with diversification.

Good Vibrations (registered charity no. 1126493),  
Rich Mix, 35-47 Bethnal Green Road, London E1 6LA

We have replaced all participant names to protect identity.



**020 7993 6011**  
**INFO@GOOD-VIBRATIONS.ORG.UK**  
**FACEBOOK.COM/SGVIBRATIONS**  
**TWITTER.COM/SGVIBRATIONS**

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RICH MIX, 35-47 BETHNAL GREEN ROAD, LONDON E1 6LA

PARTICIPANT NAMES HAVE BEEN REPLACED TO PROTECT THEIR IDENTITIES.

**nocn**  
CREATING OPPORTUNITIES